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PHILIP SEYMOUR
HOFFMAN DEAD
AT 46

OSCAR WINNER FOUND
IN HIS APARTMENT AFTER
APPARENT OVERDOSE **PAGE 5**

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learners make
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Bronco busters

Russell Wilson holds up
the Lombardi Trophy after
the Seattle Seahawks
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43-8 in Super Bowl XLVIII
on Sunday. **STORY, PAGE 17**

CHRIS O'MEARA/THE ASSOCIATED PRESS

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Highlights

Phoenix Sinclair inquiry report

Some of the 62 recommendations from Commissioner Ted Hughes's final report into the death of Phoenix Sinclair:

- Social workers should be responsible for about 20 cases. Testimony at the inquiry heard some workers were responsible for twice that many.
- All social workers should have a degree in social work or equivalent.
- Anyone who practices social work should be registered by the Manitoba College of Social Workers.
- Manitoba must push to put the disproportionate number of aboriginal kids in care on the national agenda.
- Social workers should be properly trained on the inter-generational impact of residential schools.
- Child-welfare agencies must assess through face-to-face contact the well-being of a child when a family comes to their attention and look at immediate and long-term risks.
- The goal of child welfare should be to keep as many children safe at home as possible.
- Social workers, their agencies and community organizations should do a better job of communicating with each other on active files.



Kim Edwards, a woman who cared for Phoenix for much of her life, said she hopes that the report's recommendations will be followed. JOHN WOODS/THE CANADIAN PRESS

Child welfare system failed Sinclair: Judge

Apprehended at birth. Throughout her short 5-year life, 27 agency workers were involved in Phoenix Sinclair's file

An inquiry judge has found Manitoba child welfare fundamentally misunderstood its mandate to protect children and left a little girl who was murdered "defenceless against her mother's cruelty" and against the "sadistic violence" of the woman's boyfriend.

Five-year-old Phoenix Sinclair was killed by the couple in 2005 after prolonged and

horrific abuse.

In his final report into her death, Commissioner Ted Hughes recommended Manitoba should take the lead to address the disproportionate number of aboriginal children in care across Canada.

"At least 13 times throughout her life, Winnipeg Child and Family Services received notice of concerns for Phoenix's safety and well-being from various sources, the last one coming three months before her death," Hughes wrote in his three-volume report released Friday. "Throughout, files were opened and closed, often without a social worker ever laying eyes on Phoenix."

"Unfortunately, the system failed to act on what it

knew, with tragic results."

Phoenix was apprehended at birth and during her life 27 agency workers were involved in her file. She was repeatedly returned to her mother, Samantha Kematch, despite concerns about what the judge called the woman's indifference toward her daughter.

Hughes said the little girl's fate was sealed once Kematch began her relationship with Karl McKay and took custody of Phoenix in 2004. He was "a dangerous man, from whom the agency could have, and should have, saved Phoenix," the judge wrote.

Manitoba Family Services Minister Kerri Irvin-Ross said Premier Greg Selinger

has already raised the issue with several premiers who support discussing it at their next meeting. The province accepts Hughes's recommendations and will determine how to put them into practice, Irvin-Ross said.

THE CANADIAN PRESS

The inquiry

The inquiry cost \$14 million, sat for 91 days and heard from 126 witnesses.

- Hughes made 62 recommendations while noting that improvements have been made to the system, but more needs to be done.

Education. Man. resists all-day kindergarten

The Manitoba government is resisting calls to fund all-day kindergarten despite a push from school trustees and more than a decade's worth of largely supportive research compiled by its own staff.

Documents obtained by The Canadian Press through freedom-of-information laws show the NDP has been building a file on all-day kin-

dergarten since first being elected almost 15 years ago. The research shows children in all-day kindergarten have better language, social and communication skills.

One briefing note for the education minister in September 2013 summarized research from Ontario, which is phasing in all-day kindergarten. THE CANADIAN PRESS

Winnipeg**Man shot by group: Police**

A Winnipeg man told a group of men to take their confrontation elsewhere and was shot for it, police said on Friday. Police said the shooting took place at about 8:10 p.m. on Thursday on Magnus Avenue. There, officers found a 37-year-old. He was taken to hospital and is in stable condition. METRO

City memo. Paramedics to get directly involved in police emergencies

An internal City of Winnipeg memo indicates a special emergency team of paramedics is being assembled to deal with injuries at the front lines of police standoffs or take-downs. The memo outlines a one-year pilot project for a tactical paramedic unit with

rigorous training to start in the late spring.

Instead of waiting for an emergency situation to end, members would quickly move in to provide medical care to anyone who is injured at the scene to increase their chances of survival. THE CANADIAN PRESS

St. Boniface. More surgeries postponed as air tests delay reopening of hospital ORs

St. Boniface Hospital officials have cancelled surgeries for Monday and Tuesday after tests showed variations in the operating rooms' air pressure and circulation — a critical part of procedures.

The hospital has been dealing with the fallout of a fault in the system's circulation pumps that caused water to freeze and crack some of the coils used for temperature regulation, leading to leaks that closed 14 operating rooms on Jan. 22.

Officials had been "cautiously optimistic" that at least six operating rooms would reopen on Friday, but circumstances did not allow it, said Dr. Michel Tetreault, hospital CEO.

"The only safe and reasonable decision was to postpone the cases that were foreseen for (Friday) and to take the time necessary to make sure that we can safely reopen the ORs once and for all," he said, adding that experts were to be brought in over the weekend to "fully understand what in the system isn't functioning up to par."

Dr. Brock Wright, chief medical officer of the WRHA, said from Jan. 22 until Friday, 266



Dr. Michel Tetreault of St. Boniface Hospital, left, with Dr. Brock Wright of the WRHA, said their goal is to "safely reopen" the hospital's operating rooms. BERNICE PONTANILLA/METRO

planned surgical procedures have been postponed.

There have also been 26 fewer cardiac surgeries done since the ORs went offline.

"A plan to rebook and complete those surgeries on patients who have been delayed as quickly as possible" is already in the works, added Wright.

"The planning has gone quite far and (we're) looking to be able to accommodate those patients within an eight-week time frame."

BERNICE PONTANILLA/METRO

Punxsutawney, pshaw!

Manitoba rodents defy Phil, say spring on its way

Rejoice, Manitoba! Winnipeg Willow and Manitoba Merv say we're getting an early spring.

Willow did not see her shadow Sunday morning at the Prairie Wildlife Rehabilitation Centre, and her handlers say Manitobans can expect a warm transition into

springtime after a record-breaking frosty winter. Manitoba Merv at Oak Hammock Marsh later concurred.

However, Ontario's Wiarton Willie says six more weeks of winter, as does Punxsutawney Phil. Even Environment Canada says the frigid temperatures will likely stay through February.

This is only Winnipeg Willow's third year at making predictions, and she's been right once in the past two years. Let's hope she's right again. METRO

City admin. to study snow-clearing policy in wake of windrows

Forced to dig out.

Councillor cites numerous complaints from homeowners following latest snow-removal operation



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Coming up with a plan of attack for the dreaded back-lane windrows is now in the hands of the City of Winnipeg's administration.

Coun. Russ Wyatt and Mayor Sam Katz put forward a motion at last Wednesday's city council meeting asking the public service to "review and report on options to amend the snow-clearing policy of the city to include the removal of windrows in back lanes."

Wyatt said this was necessary in light of numerous complaints they've received from homeowners forced to dig out following the latest snow-removal operation.

Status quo not working

"What's happening now is that they're coming down the back lanes, they're doing the snow removal and it's creating these windrows because everything has been packed down."

Coun. Russ Wyatt



Coun. Russ Wyatt said the city needs to look at options when it comes to back-lane windrows. BERNICE PONTANILLA/METRO

"Back lanes are very susceptible to a winter thaw ... and if you don't have the

snow out of the back lane, it turns to slush and ruts, and people get stuck," he said.

"What's happening now is that they're coming down the back lanes, they're doing the snow removal and it's creating these windrows because everything has been packed down."

Wyatt said the city currently removes windrows from front driveways.

"Maybe there's options

that we can look at in terms of having the windrows removed in the back lanes in the future," he said, adding that there may be technological advancements that could allow for snow removal without leaving windrows.

The motion was automatically referred to the infrastructure renewal and public works committee meeting on Monday.

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Industry Canada's rigid Twitter rules

#Bureaucracy. Tweets sanitized through 12-step protocol, retweets planned days in advance

Pity the poor government tweet, nearly strangled in its cradle before limping into the Twitterverse.

Newly disclosed documents from Industry Canada show how teams of bureau-

crats often work for weeks to sanitize each lowly tweet, in a medium that's supposed to thrive on spontaneity and informality.

Most 140-character tweets issued by the department are planned weeks in advance; edited by dozens of public servants; reviewed and revised by the minister's staff; and sanitized through a 12-step protocol, the documents indicate.

Insiders and experts say the result is about as far from

the spirit of Twitter as you can get — and from a department that's supposed to be on the leading edge of new communication technologies.

The documents, obtained through the Access to Information Act, show such a high level of control that arrangements are made days in advance to have other government agencies retweet forthcoming Industry Canada tweets.

In turn, Industry Canada agrees to do the same for

Quoted

"You're imposing structure on a form of communication that inherently rejects structure."

Anonymous Industry Canada insider, on the department's strict Twitter protocol

tweets from the Business Development Bank of Canada and others.

Formal policy for the

department was set into a protocol last October, with a 12-step process that requires numerous approvals for each tweet from Industry Minister James Moore's office or from the office of Greg Rickford, the junior minister.

Public servants vet draft tweets for hashtags, syntax, policy compliance, retweeting, French translation and other factors. Policy generally precludes tweeting on weekends, and the minister's personal Twitter handle must

be kept out of departmental tweets, though his name and title are often included.

The resulting tweets read like stiff public service announcements.

An insider at Industry Canada said the "super-rigid process" is frustrating and simply doesn't work for Twitter.

"We don't really know what we're supposed to be on Twitter," he said in an interview, on condition of anonymity to protect his job.

THE CANADIAN PRESS



Groundhogs split on whether our weather will get better

Warton, Ont., Mayor John Close, right, laughs after listening to groundhog Warton Willie's weather prediction on Sunday. Canada's major prognosticating rodents provided a split decision on whether the country is in for an early spring or not. Ontario's Warton Willie spotted his shadow, which according to groundhog folklore means Canadians can expect six more weeks of winter. Nova Scotia's Shubenacadie Sam was the first groundhog out, delivering a promising forecast for winter-weary Canucks after he did not see his shadow, signalling an early spring. FRANK GUNN/THE CANADIAN PRESS

Mideast tour. Poll finds support for PM's trip

Almost half of Canadians followed Prime Minister Stephen Harper's recent trip to the Middle East, and a third said they had positive views of his inaugural visit to the region, a new poll has found.

Twenty-six per cent, meantime, said they held an

unfavourable view. However, the majority of those polled (42 per cent) said they had no opinion.

The survey on Harper's first foray to the Middle East was conducted from Jan. 23 to Jan. 27 by Harris/Decima.

THE CANADIAN PRESS

Survey. U.S. abortion rate at lowest level since 1973

The U.S. abortion rate declined to its lowest level since 1973, and the number of abortions fell by 13 per cent between 2008 and 2011, according to the latest national survey of abortion providers conducted by a prominent research institute.

The Guttmacher Institute, which supports legal access to abortion, said in a report being

issued Monday that there were about 1.06 million abortions in 2011 — down from about 1.2 million in 2008. Guttmacher's figures are of interest on both sides of the abortion debate because they are more up-to-date and in some ways more comprehensive than abortion statistics compiled by the federal Centers for Disease Control and Prevention. THE ASSOCIATED PRESS

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Actor Philip Seymour Hoffman dead at 46

Family 'devastated.'
Prolific character actor discovered in his apartment after an apparent heroin overdose

Philip Seymour Hoffman, who won a best-actor Oscar in 2006 for his portrayal of writer Truman Capote and created a gallery of other vivid characters, was found dead Sunday in his apartment with what officials said was a needle in his arm. He was 46.

Two law enforcement officials, who spoke on condition of anonymity, said the actor apparently died of a drug overdose. Envelopes containing what was believed to be heroin were found with him, they said.

Hoffman made his career mostly as a character actor, and



Philip Seymour Hoffman in 2006, after winning an Oscar for his work in Capote. Hoffman was found dead Sunday. KEVORK DJANSEZIAN/THE ASSOCIATED PRESS

was one of the most prolific in the business, plying his craft with a naturalism that made him one of the most admired performers of his generation.

The stage-trained actor was nominated for Academy

Awards four times in all: for Capote, The Master, Doubt and Charlie Wilson's War. He also received three Tony nominations for his work on Broadway.

Hoffman spoke candidly over the years about past strug-

gles with drug addiction. After 23 years sober, he admitted in interviews last year to falling off the wagon and developing a heroin problem that led to a stint in rehab.

Tributes poured in from other Hollywood figures.

Kevin Costner said in an interview, "Philip was a very important actor and really takes his place among the real great actors. It's a shame. Who knows what he would have been able to do? But we're left with the legacy of the work he's done and it all speaks for itself."

Hoffman's family called the news "tragic and sudden." Hoffman is survived by his partner of 15 years, Mimi O'Donnell, and their three children.

"We are devastated by the loss of our beloved Phil and appreciate the outpouring of love and support we have received from everyone," the family said in a statement.

THE ASSOCIATED PRESS

'Disgraceful.' Woody Allen says Dylan Farrow's sex-abuse claims are 'untrue'

A representative for Woody Allen says the director calls Dylan Farrow's allegations of child molestation "untrue and disgraceful."

Publicist Leslee Dart said in an email Sunday that Allen has read Farrow's open letter, published online by The New York Times, claiming she was sexually assaulted as a seven-year-old by her then adoptive father. Dart also said Allen will be responding soon.

Farrow claimed that in 1992 at the family's Connecticut home, Allen led her to a "dim, closet-like attic" and "then he sexually assaulted me." Farrow didn't specify Allen's actions, but described other abusive behaviour.

The 1992 allegation came shortly after Allen became involved with Mia Farrow's adopted daughter, Soon-Yi Previn. Allen, then in his mid-50s, was not the adoptive father of Previn, who was about 19 at the time. The two



Woody Allen THE ASSOCIATED PRESS FILE

married in 1997 and have two adopted daughters.

Connecticut prosecutors investigated the allegations in 1993 but did not charge Allen. The 78-year-old director has long maintained his innocence.

In the open letter, Farrow recalled several events from her childhood. In a letter to op-ed columnist Nicholas Kristof, she said she was moved to speak out because of Hollywood's continued embrace of Allen.

THE ASSOCIATED PRESS

TESTIMONIAL

Trevor Stoyko

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Layoffs looming

Coca-Cola closure

Several thousand people have marched from a Coca-Cola bottling plant in a southwestern suburb to downtown Madrid to protest the company's plan to close four plants in Spain and lay off 1,253 workers.

THE ASSOCIATED PRESS

Syria

Government aircraft pummel Aleppo

Syrian government helicopters and warplanes unleashed a wave of airstrikes on more than a dozen opposition-held neighbourhoods in the northern city of Aleppo on Sunday, firing missiles and dropping crude barrel bombs in a ferocious attack that killed at least 36 people, including 17 children, activists said. Aleppo has been a key battleground in Syria's civil war since rebels swept into the city in mid-2012.

THE ASSOCIATED PRESS

Suspended

Red Cross stops its work in Sudan

A Red Cross official in Sudan says that the organization has suspended its work there after the Sudanese government said that the organization was not complying with national laws. THE ASSOCIATED PRESS

Give peace a chance

Israel PM rejects Kerry's boycott warning

Israeli Prime Minister Benjamin Netanyahu on Sunday dismissed warnings by U.S. Secretary of State John Kerry that Israel could be targeted by a growing boycott campaign if peace talks with the Palestinians fail. Netanyahu tried to reassure Israelis, saying any boycott attempts are immoral, unjust and "will not achieve their goal," while two government ministers accused Kerry of not standing by Israel.

THE ASSOCIATED PRESS

Protesters ask Putin to release jailed activists

'Hostages of Putin.'

Demonstrators marched with portraits of the prisoners and banners demanding their freedom

Several thousand protesters marched through central Moscow on Sunday to call for the release of 20 people who were arrested after clashes between police and demonstrators in May 2012.

Some of them face up to 10 years in prison if convicted for the protest, held on Bolotnaya Square on the eve of President Vladimir Putin's inauguration to a third term as Russia's

president.

Putin's return to the presidency saw the passing of new laws aimed at cracking down on anti-government protests and restricting non-governmental organizations.

The protesters marched Sunday with portraits of the jailed protesters and a banner stretching across the street

reading: "Freedom to the Bolotnaya heroes, the hostages of Putin."

Some also carried Ukrainian flags to show their support for the anti-government protesters in neighbouring Ukraine, where demonstrations have been going on for more than two months.

THE ASSOCIATED PRESS

Accommodation

Where to stay at Sochi?

Thousands of media and spectators are expected to attend Russia's first Winter Games. But the accommoda-

tion situation for non-athletes threatened to become a major embarrassment for organizers when some Olympic-accredited people were turned away in recent days from unfinished hotels, or checked into unfinished rooms.



Opposition demonstrators carry

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posters of imprisoned protesters during a rally in Moscow on Sunday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

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Harsh terrorism law unveiled in Saudi Arabia

Human rights activists concerned. Any act that 'undermines' state, or calls for regime change, can be tried as terrorism

Saudi Arabia put into effect a sweeping new counterterrorism law Sunday that human rights activists say allows the kingdom to prosecute as a terrorist anyone who demands reform, exposes corruption or otherwise engages in dissent.

The law states that any act that "undermines" the state or society, including calls for regime change in Saudi Arabia, can be tried as an act of terrorism. It also grants

Absolute monarchy

The measure was approved by the Cabinet in December and ratified by King Abdullah.

- Saudi Arabia is one of the world's last absolute monarchies. All decisions are centred in the hands of 89-year-old King Abdullah. There is no parliament.

security services broad powers to raid homes and track phone calls and Internet activity.

Human rights activists were alarmed by the law and said it is clearly aimed at keeping the kingdom's rul-

ing Al Saud family firmly in control amid the demands for democratic reform that have grown louder since the Arab Spring protests that shook the region.

Human Rights Watch researcher Adam Coogler warned, "The new law is draconian in spirit and letter, and there is every reason to fear that the authorities will ... use it against peaceful dissidents."

The measure was approved by the Cabinet on Dec. 16 and ratified by King Abdullah.

It was published in its entirety for the first time on Friday in the government's official gazette Um Al-Qura.

THE ASSOCIATED PRESS



Serbian winds cause drifts

Vehicles are seen stuck in snow drifts on the road near Backa Topola, northern Serbia, on Sunday. Snow drifts, formed by stormy winds, have blocked two passenger trains and dozens of vehicles in northern Serbia, leading authorities to close down several roads and a border crossing with Hungary. DARKO DOZET/THE ASSOCIATED PRESS

Kenya

Police arrest dozens of radicals at mosque

Police opened fire on Muslim youths wielding daggers at a mosque linked to recruiting Islamic extremists, and at least one officer and a young man were killed Sunday, witnesses and officials said in the coastal resort and port city of Mombasa.

Police said they raided the Masjid Musa mosque acting on intelligence that a meeting to recruit militants was going on.

A reporter at the scene saw police shoot and kill one person as they tried to disperse a growing crowd screaming "Allahu akbar" or "God is great" outside the mosque, which has been the recent site of violent confrontations between young Muslims and police. A police officer who was stabbed in the face died of his wounds, said police commander Robert Kitur. Another officer was also stabbed. THE ASSOCIATED PRESS

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HOW TO ROLL
Alison Griffiths
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The plunging loonie could fall further, say an increasing number of currency watchers. This creates a dilemma for investors. Is it time to hedge or not?

Hedging neutralizes currency fluctuations. It has been very popular with mutual funds and exchange-traded-fund (ETF) providers since the Canadian dollar was a sad-sack 62 cents against the U.S. dollar in 2002.

With our dollar at a historic low, it made sense back then to buy hedged investments because the value of U.S.-dollar investments translated back into Canadian currency would diminish as the loonie rose.

But as the loonie hit \$1.10 in 2007, the reverse was true. It made sense to avoid hedged mutual funds and ETFs. No one expected the Canadian dollar to remain that elevated so any decline would make a U.S.-dollar investment worth correspondingly more.

Now things are a bit tricky. The dollar is neither high nor low, but it is approaching an often-stated "fair value" mark of 85 cents against the greenback. Some predictions, nota-

Diving down

The Canadian dollar lost 6.6 per cent against the U.S. in 2013, the biggest decline since 2008.

bly that of San Francisco hedge-fund manager Vijai Mohan, a longtime Canadian-dollar bear, have it crashing all the way down to 70 cents.

If you believe the loonie bears, then avoid hedged mutual funds and ETFs because U.S.-dollar investments will benefit as our currency sinks.

On the other hand, those who think the loonie will hover or rise, should consider hedged mutual funds or ETFs.

Anyone planning to sell U.S. dollar investments for retirement income or to make a purchase, including withdrawing funds from an RRSP through the Home Buyers' or Lifelong Learning plan, should tread carefully.

A free-falling loonie puts money in your pocket. However, the opposite can also happen. If money is needed in the short term, it's probably better to sell now, rather than betting on a continued downward swing.



The road to MacKay River is paved with sticky dirt

The untreated dusty road at MacKay River in Alberta is shown in this undated handout photo. When Suncor, Canada's largest energy company, realized that its dust-control strategy — i.e., spraying water onto the road from a truck — was an act of futility, it enlisted the help of General Electric to get the problem under control. By using a glue of sorts, consisting of a byproduct of pulp and paper manufacturing, GE's method binds the particles together so that the dirt stays put. SUNCOR/GE/HANDOUT/THE CANADIAN PRESS

Budget. NDP renews push to cap ATM fees at 50 cents

The NDP is stepping up its battle against bank machine fees, urging the government to make good on its pledge to do something about the charges that vex some Canadian consumers.

A motion calling for the cap will be debated in the House of Commons on Monday. It urges the Conservative government to take action on ATM fees in its

upcoming federal budget. NDP Leader Tom Mulcair says the ATM fees are "sky-high."

Banks provide free use of ATMs for their customers, while non-customers are often charged fees that can be as high as three dollars. The NDP proposal would cap ATM withdrawal fees at 50 cents per transaction across the board.

THE CANADIAN PRESS

Bell Canada. 'Nullcrew' takes credit for hacking

Bell Canada says 22,400 of its small business customers have had their account information compromised by hackers.

Bell says in a release the breach of usernames and passwords occurred when an Ottawa-based third-party supplier had its systems hacked. It says the information was posted to the Internet this weekend.

A hacking group calling it-

self Nullcrew is claiming credit for the attack, and tweeted a link to the data early Saturday.

Bell says five valid credit card numbers were included in the information dump.

The telecom giant says the affected account passwords have been frozen, and that it is contacting affected customers and credit card companies.

THE CANADIAN PRESS



RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Open House

rrc.ca/openhouse

➔ **Tuesday, February 18, 2014**
12pm - 3pm | 5pm - 8pm **Notre Dame Campus**

Wednesday, February 19, 2014
9am - 2pm **Notre Dame Campus**

SNOW FEE WOULD BE A SNOW JOB

Coun. Russ Wyatt thinks he has a brilliant idea to solve the city's snow clearing budget problem: he wants to charge for it by the flake.

Yes, Wyatt wants to remove snow clearing from the city's general operating budget, and fund it through a separate charge on the water bill of every individual property owner.

His justification is that it gives the city more flexibility to set budgets based on the volume of snowfall. In a year when it snows a lot, the quarterly bill could be adjusted upward. In a year where snow is less than average, the bill would go down.

While the idea appears to have some merit when examined on its own, it falls apart when you consider the wide range of services the city has to budget for every year and how those costs can go up and down.

Should property owners get a reduction in taxes if the number



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

ordinary costs.

Several years of above-average snowfall have emptied that

of water main breaks, potholes or mosquitoes is less than expected? What if there are more fires or crime or ambulance calls, should they get hit with a special surcharge?

Maybe the city should just move everything to the water bill, and assess a floating charge based on what it actually did over the last three months.

Or perhaps the city can simply try to do a better job of setting and controlling its budgets over a long period of time, instead of managing from one crisis to the next.

Yes, major snowfall events are expensive and difficult to predict. But we've known this forever. That's why the city established a snow clearing reserve fund to help pay for extra-

fund, but rather than going for a quick fix, the city should do the long-term work of rebuilding the reserve, setting more accurate snow clearing budgets, and analyzing the level of service it provides.

Council should also resist the urge to move basic operating expenses to utility bills unless they're truly charged on a per-use basis. It made the same mistake a few years ago when it added a charge to the water bill to help pay for solid waste collection and recycling services. This fee might have made some sense if it was based on the volume of waste produced by each homeowner, but instead it was just a flat \$50 per year charge regardless of how much you throw out.

Buried in the water bill under the generic-sounding "Waste Diversion Services," it's doubtful most homeowners even realize the charge is there or what it's going toward.

Imagine a similar "Precipitation Management" fee for plowing would go equally unnoticed, which is probably what Wyatt is banking on to snow the public.

ZOOM

Portrait of the artist as a brain



JEFF MITCHELL/GETTY IMAGES

A new frame of mind

Artist Angela Palmer has mapped her own brain. Palmer's work *Brain of the Artist*, which goes on display to the public for the first time this week at the Scottish National Portrait Gallery in Edinburgh, was created from digital information provided by medical scanners.

METRO

Artist's viewpoint

"It is an extraordinary experience, staring at your brain floating in a glass chamber before you. Unlike traditional portraiture, an image of one's brain does not depict anything recognisably 'you' and yet it could not be more intensely personal."



"Being scanned felt like a mechanical fortune teller passing over your body," artist Angela Palmer said. GETTY IMAGES

Sculpture exposes 'inner architecture'

"Recreating the brain is perhaps the most objective form of self-portraiture," Palmer describes. "I try to peel back the layers to expose the hidden beauty of our inner architecture. The image floats ethereally in its glass chamber, but can only be viewed from certain angles. From above and from the side the image vanishes and the viewer sees only a void." METRO

Clickbait



LUKE SIMCOE
Metro Online

Last week, the beloved famous Internet cat Colonel Meow passed away, leaving us with a fluffy, Himalayan cat-sized hole in our collective hearts. But now that we're done grieving, Metro takes a look at some other Internet-famous felines who can help fill that void.



FACEBOOK.COM

Lil Bub (lilbub.com):

Known for her perma-kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social media followers. She even has her own talk show.

Nala Cat (nalacat.com):

Quite possibly the only cat with

over one million Instagram followers, Nala is a Siamese-Tabby mix known for her blue eyes and love of bow ties.

Maru (youtube.com/user/mugumogu):

One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.



Twitter

Canadian groundhogs like Wiarton Willie and Shubenacadie Sam are offering conflicting predictions on how much longer Old Man Winter will be sticking around, while world-famous Punxsutawney Phil says it won't be leaving quite yet. How will you be spending the next six weeks?

@KatarinaKaneff: praying that both of those silly groundhogs are smote for their horrible predictions, and that spring comes early.

@LindaMcCallumRE
Hunting Groundhogs

Follow @metropicks and take part in our daily poll. Best answers published right here.

Comments

RE: Be Wary of Groundhog Predictions: Forecasters published online Friday, January 31, 2014

The "forecasters" bad mouth the ground hogs because the hogs have a higher forecast accuracy percentage than they do!!

Stoneaxem, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

E-books

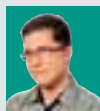


Cinefex

By Don Shay & Jody Duncan

iPad

• • • • •



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

A journal of behind-the-scenes movie magic, folks at Cinefex magazine get their hands on the extras you won't find on any DVD and the photos obsessive fans drool over. Going digital has actually lowered its price from \$15 to \$5 while adding how-they-did-it videos and interactive galleries. The current issue is a fascinating reveal of what kept Sandra Bullock afloat in Gravity.

Box office

Ride Along still cruising on top

Ride Along has topped the box office for the third week in a row with \$12.3 million US, according to Sunday's studio estimates. Disney's Frozen, now the fourth highest-grossing domestic animated release ever, is in second place with \$9.3 million US. That Awkward Moment, a Focus Features film, has taken third place in its opening weekend with \$9 million US. **THE ASSOCIATED PRESS**

Glamour on the gridiron

Forget the football!

Bruno Mars, Chili Peppers and Queen Latifah the real stars of the Super Bowl

Bruno Mars brought millions of fans into the club with a command performance during the Super Bowl halftime show Sunday.

The Grammy Award-winning singer translated his high-energy live show to the largest of stages, carrying off his hits with a smoking hot live band while managing to seamlessly integrate the Red Hot Chili Peppers into the set.

There was some concern Mars might not be able to hold up to the pressure of the assignment, but the 28-year-old wiped away the questions immediately.

Dressed in a gold-coloured jacket, he executed a note-perfect drum solo as he rode across the field on a raised platform. Once on stage, he delivered hits like Locked Out of Heaven and Treasure with a machismo that made it clear he wasn't lip-syncing.

Earlier in the evening, rapper and singer Queen Latifah and the opera star Renée Fleming proved the perfect choices to sing America the Beautiful and The Star-Spangled Banner. Both women are accomplished performers and handled the pitfall-ridden material with relative ease in stirring performances that brought cheers from the crowd.

"Have you ever heard it sung any better?," play-by-play announcer Joe Buck said as fans cheered wildly after Fleming's two-minute rendition of the national anthem.

Her performance included



Bruno Mars and Anthony Kiedis wow the crowd at the Super Bowl on Sunday. ALL PHOTOS: GETTY IMAGES

the Armed Forces Chorus, video shots of soldiers in Afghanistan, fireworks, a giant American flag and several shots of Denver Broncos quarterback Peyton Manning scowling, already in game-face mode.

Fans cheered wildly after the soprano, dressed in a Vera Wang-designed black gown with white sash, hit a long final high note with practised ease.

Latifah, dressed sedately in a knee-length blue parka and a white turtle-neck, shared her performance equally with the New Jersey Youth Chorus, often swirling her voice together with the singers rather than taking a more forceful lead role. The effect was lovely.

She finished her performance with a small fist pump.



After walking off the field, Fleming said she hadn't felt nervous. "I do most of my nervous stuff in advance so when I actually get there I can enjoy it ... and it was certainly true this time," she said. "I feel so thrilled and honoured to be out there. I loved every second."

THE ASSOCIATED PRESS

Oh, Joe!



Despite it being a balmy 8 C in East Rutherford on Sunday night, NFL legend Joe Namath symbolically flipped the bird at PETA and donned a fur coat for his role as pre-game coin tosser. The cloak was ostensibly an homage to his style during his days as the New York Jets' star quarterback in the 1960s, when he'd think nothing of throwing on some animal skins to keep warm on the sidelines.

Rob Ford the answer to Canada's literary woes

Satirical American-Russian author Gary Shteyngart says he's sorry for saying some Canadian authors take fewer risks because they are beholden to government grants.

But he still stands by his words, which he recently made to an online publication, and he thinks the problem will eventually change, thanks to embattled Toronto mayor Rob Ford.

"I think Rob Ford will give Canada licence to do something else," Shteyngart said in an interview to promote his new immigrant memoir, Little Failure.

"Because now literature — the idea of this sort of perfect country, which is how many people see it, where everything just hums along smoothly and people are polite — you've got Rob Ford and that raises the bar, and I think literature has to meet that bar in some way.

"Because now we know that there's a craziness underneath it all that exceeds any insanity that we have in our craziest states — in Jersey, Alabama. I mean, this is beyond crazy. This is so crazy that, as a satirist who invents countries like Absurdistan, I could have never



American-Russian author Gary Shteyngart. CONTRIBUTED

invented this."

The bespectacled novelist behind Super Sad True Love Story, Absurdistan and The Russian Debutante's Handbook recently took a jab at the state

of CanLit in an article on vulture.com. It was in response to a question of whether fiction should be subsidized. "Let me say this. I was the judge of a Canadian prize, and it's subsidized, they all get grants," started Shteyngart, who was on the jury for the 2012 Scotiabank Giller Prize that went to Will Ferguson's novel 419.

"Out of a million entries, we found four or five really good ones, but people just don't take the same damn risks! Maybe they want to please the Ontario Arts Council, or whatever it is."

On Friday, when asked

about the comments, Shteyngart delivered a tongue-in-cheek apology.

"I'm so sorry, Canada. I'm so sorry. I love all things Canadian," said the Brooklyn-based scribe. "I got married in Nunavut, in Grise Fiord, the northernmost civilian settlement — I mean, come on. Glenn Gould, I like him quite a bit. I just had a picture taken of me sitting next to him, at that statue outside the CBC. I ate poutine last night along with some Niagara ice wine, dessert wine. I mean, I'm giving it all for this country."

THE CANADIAN PRESS

2 SCENE



J. K. Rowling ALL PHOTOS GETTY IMAGES

Rowling admits not every little thing she does is magic — like Ron & Hermione

Harry Potter author J.K. Rowling is having second thoughts about having ended the series with heroine Hermione Granger paired up romantically with Ron Weasley.

The hugely successful author tells *Wonderland* magazine she chose the red-haired Ron for Hermione for very personal reasons.

She told the magazine she “wrote the Hermione-Ron relationship as a form of wish fulfilment” and said the couple might eventually need relation-

ship counselling.

The soon-to-be published interview was reported in *The Sunday Times*, which also quoted actress Emma Watson, who played Hermione, expressing doubts about the viability of her character's relationship with Ron.

She told the newspaper that many fans doubt Ron can make Hermione happy over time.

Many fans had hoped Harry and Hermione would become a couple. **THE ASSOCIATED PRESS**



Justin Bieber

One super bowl too many? Biebs held before big game as jet searched for pot

Justin Bieber just can't catch a break. The beleaguered singer arrived at New Jersey's Teterboro airport for the Super Bowl in a private jet that reportedly reeked of marijuana, prompting authorities to place him in federal custody for hours while the aircraft was searched, according to *Page Six*. Bieber was travelling

with his father, Jeremy, and about 10 other friends. While drug-sniffing dogs reportedly identified two pieces of luggage as containing marijuana, nothing was found and Bieber and his entourage were allowed to leave. Sources say the jet's pilot may have tipped off police about pot smoking on board before landing.

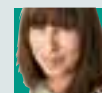
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Jackman to drop anchor in Jack Sparrow's lagoon



STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Jackman will be playing Blackbeard in the upcoming *Peter Pan* movie. I think I speak for all of us when I say, “Captain Jack Sparrow who?”

Kate Gosselin's sister says that the two siblings haven't spoken a word to each other in six years. Then she continued skipping down the street, throwing confetti and handing out puppies.

After a year and a half Heidi Klum breaks up with her bodyguard boyfriend. But shee-eee-eee-eee will

always love him.

While testifying at the British phone-hacking trial, Jude Law finds out that a close relative sold private information about Jude to the *News of the World*. “I may have a useful tip for you,” says Kate Gosselin's sister.

Rovio, the maker of *Angry Birds*, wants to make it completely clear they “do not collaborate with spy agencies.” They will, however, admit to turning previously well-functioning adults into empty shells that can only be filled by the laughter of evil pigs and thus are completely vulnerable to oppression by the agents of totalitarian governments.

This week in *What Event was Worse?* The Pope's lovely peace doves getting viciously attacked by a seagull and a crow or Jamie Foxx introducing his daughter by saying, “this is my seed?”



Lorde

She is 17 going on 45: Lorde cracks wise as age conspiracy debunked

With the success that 17-year-old singer Lorde has achieved, it's easy to believe conspiracy theorists when they claim she's lying about her age. In fact, rumours to that effect reached a fever pitch after her recent Grammy victory, so website the Hairpin went ahead and published her full

New Zealand birth certificate, which proves that Lorde — real name Ella Maria Lani Yelich-O'Connor — was born Nov. 7, 1996. Of course, some conspiracy theorists still aren't convinced. Lorde herself is taking it in stride, joking to *Vanity Fair* recently, “Hi, I'm Ella, and I'm actually 45.”



Owen Wilson

It's another boy for serial baby daddy Owen Wilson

Owen Wilson is a dad once again, welcoming a baby boy with ex-girlfriend and former personal trainer Caroline Lindqvist, the actor's rep confirms to *People* magazine. “They are not living together,

but Owen is involved (in the pregnancy),” a source said prior to the baby's birth. “He comes to doctor's appointments and makes sure Caroline is doing well.” Wilson also has a three-year-old son with ex Jade Duell.



Twitter



@ChloeGMoretz

I've come to the conclusion that Sarah Jessica Parker is the best at faking surprised



@Sethrogen

I just rode my bike past a transvestite who smelled like the most delicious garlic marinara sauce.



@ElizabethHurley

Do you think the male species may be at its best between the ages of 8-13?

You could WIN a trip to NYC to attend the WORLD PREMIERE of



PRIZE INCLUDES:

- Roundtrip airfare for two
- Two nights stay in a luxurious hotel
- Two tickets to the World Premiere on February 11th

You could also WIN
tickets to see the movie!



No purchase necessary. Contest open to residents of Canada excluding Quebec, who have reached the age of majority (18) or older. Odds of winner depends on the number of eligible entries received. There is one (1) grand prize to be won across Canada, consisting of a trip for two (2) to the world premiere in New York, NY. There are ten (10) secondary prizes to be won in each market, consisting of a pass for two to see "Winter's Tale". Skill testing question required. Contest closes February 3, 2014 at 11:59pm. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com.

3
LIFE

Why your budget was a bust from the beginning

It was a good effort but... Keep these five money-management mistakes in mind when drawing up your next dollar tracker



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People are always willing to volunteer their wisdom about budgets to me. I'm a budget discussion magnet, it seems. And nine times out of 10, people want to tell me why budgets don't work. I agree. Most people's budgets don't work for a few basic reasons. Here's my top five list:

Inaccurate income projections

I can't believe the number of people who don't know how much money they make. How can you have a hope in hell of having a budget that works if you don't know how much money you bring home?

I know there are a variety of pay periods: monthly, semi-monthly, bi-weekly and weekly. But all you have to do is look at how much is coming into your accounts to know how much you actually make.

If it varies from one month to the next, then use the lowest income you have as your basic income, and use whatever extra you earn to fund stuff like home maintenance, vacations,



Budgeting isn't just about tracking your costs, it's about making sure you're spending your hard-earned money the way you want to. ISTOCK

gifts and the like.

Not enough categories

Most people generalize their budgets too much to get an accurate picture of where their money is going. I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

You have to have enough categories in your budget to give you a real sense of where the money goes and where you may be able to cut costs. Careful now: too many categories and you'll make your budget such a chore that you'll toss it in no time at all. Another prob-

lem that goes hand in hand with this one is:

Failure to include expenses

Not all expenses come in every month. Insurance bills can come annually.

Property taxes can come quarterly. Service contracts, dental bills, birthday presents, health-club renewals... there are lots of things that pop up only once or four times a year. If you don't include them in your budget, you won't have the money at the ready when the bill comes in.

Cash

People spend cash without

Careless categorization

I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

Gail Vaz-Oxlade

keeping track of where it's going and that throws their budgets out of whack. Some people use bank machines like a wallet, pulling \$20 here and \$40 there as needed.

The problem with this approach is that money flows

away without any record of where it's gone. And if you know you have a bill coming due in a couple of days, but your partner doesn't, and he goes into the account for cash, then you won't have the money available to pay the bill.

No plan to save

People seldom put a "savings" line on their budget. Despite how well known the Pay Yourself First idea is, people still don't do it.

They wait to see how much they have left to save. And it's usually ZERO, zip, zilch! If you're serious about savings, it has to be a line item on your budget. You have to identify a specific amount you're going to save both for long-term savings and for emergencies, and you need an auto-deduction to a savings account to MAKE IT HAPPEN.

Budgets are a great tool provided you use them the right way. You need to have spending categories that fit your personal situation, your spending habits, and your income.

Don't look to anyone else's completed budget as a guide, except perhaps for a list of categories you may not have thought of. Make sure you review your spending patterns to see if there are areas where you're overspending.

There may even be things you're spending money on of which you weren't even aware.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Choose organization over obliteration

Inbox overload? How to avoid declaring email bankruptcy

Whether it's steady trickle of daily emails or the hundreds of messages streaming in during your vacation, hitting the reset button on your inbox may seem like the easiest way to cope with the digital deluge.

In a recent New York Times article, columnist Nick Bilton wrote of his decision to delete all of his

46,315 unread emails, starting the new year with an empty inbox.

"I think it stems from this ability to have access to technology anywhere and anytime," said Jui Ramaprasad, assistant professor, information systems at McGill University's Desautels Faculty of Management.

"All of these companies we interact with have mobile applications or have social media handles they want you to follow them on. And you just do it one at a time and all of a sudden, it ends up with complete in-

formation overload."

Yet while declaring email bankruptcy may offer momentary respite from the flurry of messages, there's little to stem the inevitable tide of new ones filtering in.

"By purging everything, they're just going to get in this continuous loop of overwhelm, and it will never go away unless they change their approach and outlook of how they deal with email," says Ottawa-based productivity consultant Valeri Hall Little of Intandem Business Efficiency.

THE CANADIAN PRESS

You've got mail!

Rather than responding to the urge to hit delete all, experts suggest finding more efficient ways to manage the influx.

- Christina Cavanagh, author of *Managing Your E-mail: Thinking Outside the Inbox*, said the inbox should be treated as a central control to assess which emails can be dealt with in a few minutes and which others can be filed for handling later.

- Valeri Hall Little of Intandem Business Efficiency said individuals should change their mindset about managing their inbox to "processing" rather than checking emails. She coaches clients to create three processing folders: action (for tasks that require more than two minutes); reading (for newsletters); and pending (messages that require a response.)

Moroccan flavours meet super food in Chicken, Apricot, Date and Olive Pilaf



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

This Moroccan-flavoured dish resembles the flavours of the North African delicacy, tagine. A tagine is a delicious dish that is braised in a small amount of liquid with vegetables, dried fruit, olives and Mediterranean spices. If you own a tagine, the authentic cooking vessel, you can bake this dish at 350 F.

This is a delicious one-pot dish that I serve for the family or when I'm entertaining.

You can always use boneless chicken breasts or chicken on the bone but it will take longer to cook.

Traditionally, you would serve this dish over couscous, but I have selected the healthier grain, quinoa. To make perfect quinoa, just combine 1 1/2 cups of stock or water with 1 cup of quinoa, bring to a boil, cover and simmer on the lowest heat for 15 minutes just until the liquid is absorbed and the quinoa just tender. (Make the quinoa while the chicken mixture is simmering.)

To toast the nuts, just heat them in a hot skillet on medium-high heat for about 3 minutes or just until toasted. You can make a batch up in advance and keep stored in an airtight container.

This dish is also great as leftovers. Heat gently in a microwave or toasted oven at 300 F.

Directions

1. Combine chicken and flour. In a large non stick skillet, add oil and sauté chicken

just until browned and half way cooked about 2 minutes. Set aside. Wipe out skillet and

spray with vegetable oil.

2. Sauté onion, garlic, carrots,

ginger, cinnamon, nutmeg, cayenne and salt and pepper for 5 minutes. Add stock,

chickpeas, chicken, olives, and dried fruit and simmer covered for 15 minutes, stirring

occasionally. Add more stock if needed.

3. Serve over cooked quinoa and garnish with cilantro and toasted almonds.



This recipe serves six. ROSE REISMAN

TOTAL TIME
ABOUT 20
MINUTES

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Ingredients

- 2 lb boneless skinless chicken thighs, diced
- 1/4 cup all purpose flour
- 2 tsp vegetable oil
- 1 1/2 cup chopped onion
- 2 tsp minced garlic
- 1 cup diced carrot
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- Pinch nutmeg
- Pinch cayenne
- Pinch salt and pepper
- 1 1/2 cup chicken stock
- 1 cup drained and rinsed chickpeas
- 1/2 cup chopped green olives
- 3/4 cup diced dried apricots
- 3/4 cup diced dried dates
- 3 cups cooked quinoa
- 1/4 cup chopped cilantro
- 1/3 cup toasted sliced almonds

Nutritional information

Per serving: 419 calories; 70 g carbohydrates; 9 g fibre; 15.5 g protein; 9.6 g total fat; 1.8 g saturated fat; 11 mg cholesterol; 350 mg sodium

Side dish on a (phyllo) roll

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. Spray a large nonstick pan with cooking oil and heat the vegetable oil over medium heat.

3. Cook the garlic, onion, broccoli and carrots for 10 minutes or until tender-crisp, stirring occasionally. Remove from the heat and stir in the dill, egg, breadcrumbs, cheese and salt and pepper.

4. Lay one sheet of phyllo on your work surface, with the long side facing you, and spray with cooking oil. Repeat with the remaining phyllo sheets, but do not spray the last sheet. Spread the vegetable mixture over the surface, leaving a 1-inch (2.5 cm)



This Broccoli Carrot Phyllo Strudel recipe serves six. ROSE REISMAN

border on all sides.

5. Roll up tightly, jelly roll-

fashion, and tuck the ends under. Spray with cooking oil. Place on the prepared baking

sheet and bake for 20 minutes or until golden brown.

ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 cups chopped onion
- 3 cups finely chopped broccoli
- 2 cups finely chopped carrots
- 1/3 cup chopped fresh dill
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- 2/3 cups of shredded Swiss cheese (2 oz/60 g)
- pinch of salt and ground black pepper
- 6 sheets of phyllo pastry

You gotta fight, in your plight, to learn math

Hit the books. Math professor teaches students to apply the 'ninja method' to intimidating equations

VICKI
SALEMI
Metro World News

Street fighting and self-defence require quick thinking and an ability to "shoot first and ask questions later." These ninja skills also apply to students in Dr. Sanjoy Mahajan's class based on his book, *Street-Fighting Mathematics*.

For his class, available at MIT and to students participating in the Massive Open Online Courses program who have basic physics and algebra comprehension, Mahajan says he doesn't want his students to "wait for the perfect kick to come" — he encourages them to just go for it.

The lessons seek to rid students of math anxieties



Who hasn't experienced the desire to deck their long-division homework? ISTOCK

by emphasizing the art of problem-solving without doing an exact, lengthy calculation.

"They think, 'If I don't get this one right answer, I have nothing,'" he says. The

answer itself isn't the end-all, be-all though. That's because in his class, a grade is not based on correct or incorrect answers; instead, it's all about whether they've made a decent ef-

fort to find the answer.

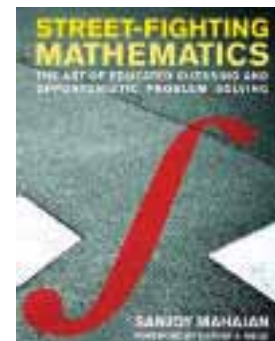
By showing students an equation as they stare at various symbols in fear, he tells them not to worry, since the answer will be found differently from how they expect it to be anyhow.

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered." In order to become liberated, he focuses on action in doing something reasonable and reacting without over-thinking a solution — in other words, estimating.

The class challenges the idea that math is supposed to be exact, as students toss away the notion of perfec-

tion and right and wrong. To drive home the ninja math technique, he often uses Navier-Stokes equations, considered some of the most complex math equations out there. He says it literally takes years to solve these problems, but "to hell with that, that's not a street-fighting approach." With a long, arduous approach, he says problems will not be solved and suggests the street-fighting approach as a way to make progress.

Students inevitably apply the ninja method to other classes as well, Mahajan points out. Approximating helps them simplify, he



Math-o-phobia

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered."

Dr. Sanjoy Mahajan

explains: "When the going gets tough, lower your standards."

Mahajan used the technique to learn German, for example. The language has endings with seven different forms of the word "the." Instead of figuring out the proper word endings, the professor went with the most common one.

"I was willing to approximate and not get 'paralysis by analysis,'" he says. Coupled with approximating by slurring the ends of words, locals understood Mahajan based on what their ear was trained to hear.

It turns out that the street fighting technique works in German too.

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Broncos running back Knowshon Moreno is tackled by Seahawks Chris Clemons, from left, Bobby Wagner and Cliff Avril during Super Bowl XLVIII on Sunday in East Rutherford, N.J. ROB CARR/GETTY IMAGES

4 SPORTS

Bowl-dozer

Seahawks win.
Manning's Broncos overwhelmed by Seattle's defence from start to finish

The Seattle Seahawks' mantra all season was to make each day a championship day.

They made Super Bowl Sunday the best day of all with one of the greatest performances in an NFL title game — sparked by a defence that ranks among the best ever.

The Seahawks won their first Super Bowl crown in overpowering fashion, punishing Peyton Manning and the Denver Broncos 43-8. That masterful defence, the NFL's stingiest, never let the five-time MVP get going, disarming the highest-scoring offence in league history.

Seattle (16-3) was too quick, too physical and just too good

Super Bowl

43

Seahawks

8

Broncos

- The Seahawks' Malcolm Smith earned Super Bowl MVP honours.
- Smith is only the third linebacker in Super Bowl history to earn the award, joining Ray Lewis of Baltimore in 2001, and Chuck Howley of Dallas in 1971.

for Denver, and that was true in all areas. What was hyped as a classic matchup between an unstoppable offence and a miserly defence turned into a rout.

"We've been relentless all season," quarterback Russell

Wilson said. "Having that mentality of having a championship day every day. At the end of the day, you want to play your best football and that is what we did today."

Punctuating Seattle's dominance were a 69-yard interception return touchdown by linebacker Malcolm Smith to make it 22-0, and Percy Harvin's sensational 87-yard kickoff run-back to open the second half.

When the Seahawks, up by 29 points, forced a Denver punt early in the third quarter, the 12th Man — and there were legions of them in MetLife Stadium — began chanting "L-O-B, L-O-B."

As in Legion of Boom, the Seahawks hard-hitting secondary, part of a young team with an average age of 26 years, 138 days.

"This is an amazing team. Took us four years to get to this point but they never have taken a step sideways," coach Pete Carroll said. "These guys would not take anything but

winning this ball game."

The loss by the Broncos again raised questions about Manning's ability to win the biggest games. He is 11-12 in the post-season, 1-2 in Super Bowls.

"Certainly to finish this way is very disappointing," he said.

He never looked comfortable against a defence some will begin comparing to the 1985 Bears and 2000 Ravens — other NFL champions who had runaway Super Bowl victories.

Seattle forced four turnovers; Denver had 26 all season. Wilson, who has an NFL-record 28 wins in his first two pro seasons, including playoffs, had a 23-yard TD pass to Jermaine Kearse late in the third quarter to make it 36-0.

Wilson also hit Doug Baldwin for a 10-yard score in the final period.

For the fifth time in six meetings between the NFL's No. 1 offence and defence, the D dominated.

THE ASSOCIATED PRESS

Opening snap

Safety first but not planned by Broncos

All those records, all for naught.

Peyton Manning couldn't cap the greatest season any NFL quarterback ever had or secure his legacy as the best QB in history because his Denver Broncos came down with a case of the yips Sunday night.

They fell behind right from the start and never recovered.

The bumbling Broncos trailed before Manning ever got his hands on the ball because Manny Ramirez's bad snap went for a safety 12 seconds into the game.

It only got worse as the Seahawks scored the game's first 36 points.

THE ASSOCIATED PRESS



A snap sails past Peyton Manning for a safety. GETTY IMAGES

Canadiens: No call? No way!

NHL. Montreal head coach wants answers after refs missed a string of penalties against the Jets

Brendan Gallagher felt a little hard done by the referees.

In the final minute of play in Winnipeg's 2-1 victory over the Montreal Canadiens on Sunday, Gallagher was roughed up by three different Jets players, preventing him from leaving the offensive zone.

With their net empty, and an extra player on the ice for a Canadiens team looking for the equalizer, Gallagher was kept on the wrong side of the blue-line for roughly 20 seconds, keeping his team from entering Winnipeg's zone.

Gallagher was crosschecked into the net by Zach Bogosian, punched and then elbowed in the head by goaltender Al Montoya in the crease, and then elbowed again by defenceman Jacob Trouba. There was no call on the play.

"There could have been five penalties there," said head coach Michel Therrien, who watched the replay before

On Sunday	
2	1
Jets	Canadiens

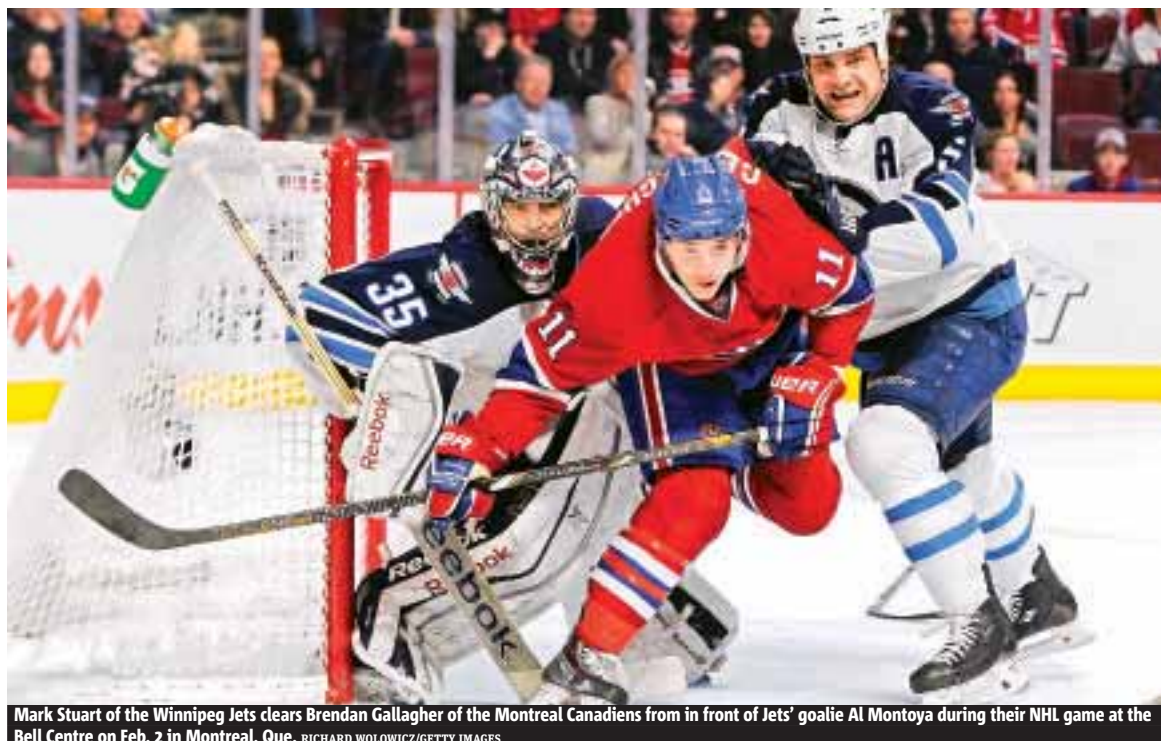
speaking to the media. "We're definitely going to ask the league for explications. It's very frustrating. It could have given us the chance to tie the game."

But Montoya, who made 30 saves for his 10th win of the season, wasn't buying any of it, and suggested the Habs forward was doing his best to stay in the zone and draw a penalty.

"No. 11?" Montoya asked, apparently not knowing Gallagher by name. "We were all caught up. The referees saw that. They were there. You know he was doing something for a reason."

After the game, defenceman Josh Gorges spoke to the press on Gallagher's behalf, calling the five-foot-nine forward too "fired up" and "heated" to address questions about the game's final minute.

With the game tied at 1-1 going into the third period, Michael Frolik scored the eventual



Mark Stuart of the Winnipeg Jets clears Brendan Gallagher of the Montreal Canadiens from in front of Jets' goalie Al Montoya during their NHL game at the Bell Centre on Feb. 2 in Montreal, Que. RICHARD WOLOWICZ/GETTY IMAGES

winner at 1:04 after a Winnipeg dump-in was mishandled by netminder Carey Price. The Jets captain Andrew Ladd took the

puck off Price's stick, and found a streaking Frolik in front of the net.

The Canadiens (29-21-6)

kept the pressure on Montoya and the Jets in the final frame, but couldn't benefit from two power plays. Winnipeg (27-25-

5) held on for their eighth win in 10 games since Paul Maurice took over as head coach on Jan. 12. **THE CANADIAN PRESS**

Canada's sister skiers take their bumps together



Sisters, from left, Maxime, Chloe and Justine Dufour-Lapointe after being introduced as members of Canada's Olympic freestyle skiing team on Jan. 20 in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Skiing has always been a family affair in the Dufour-Lapointe household.

For Johanne Dufour and Yves Lapointe, it was a way to spend quality time in the winter with their three daughters. But they never thought that one day it would take Maxime, Chloe and Justine Dufour-Lapointe to the Olympic Games.

All three freestyle skiing sisters will be in Sochi, Russia, to compete in moguls, the mad dash over the bumps with two intricate jumps

thrown in.

It was the eldest, Maxime, who got them started in freestyle when she was 12 and went to see a friend in a moguls competition. Right away, she wanted to try it and it wasn't long before her talent began to show and she was entering races as well.

Her sisters were eager to try it, too.

But if 24-year-old Maxime opened the door for her sisters, it took her the longest to reach her full potential.

"I had some tough mo-

One in three

Of the three sisters, only Chloe has Olympic experience. She managed to qualify for the 2010 Winter Games in Vancouver, exceeding expectations by finishing fifth.

ments," said Maxime, now considered among the world's best in landing her jumps. "As an athlete, it's normal to have some self-doubt."

"I'm an analytical person

and I like to figure things out. Now I understand moguls. It took me more time, but the important thing is to get there."

While they are competitors on the slopes, the sisters remain a close-knit group.

"We see having all three of us competing in the same discipline as an advantage," said 22-year-old Chloe, currently second in World Cup standings behind American Hannah Kearney. "We're sisters and we see it as normal to compete together."

THE CANADIAN PRESS

Curling

Homan rink on fire

Rachel Homan and Team Canada have served notice they're ready to defend their title at the Scotties Tournament of Hearts. The defending champions downed Quebec's Allison Ross 9-6 Sunday to emerge from the second day of play as the lone undefeated team. **THE CANADIAN PRESS**

NHL

Ovi strikes in OT

Alex Ovechkin scored his NHL-leading 39th goal on a power play 2:37 into overtime, and the Washington Capitals beat the Detroit Red Wings 6-5 Sunday to earn a split of a home-and-home set and tighten up things in the bottom half of the Eastern Conference. **THE ASSOCIATED PRESS**



The Washington Capitals celebrate after scoring in the first period against the Detroit Red Wings on Feb. 2 in Washington, DC. GREG FIUME/GETTY IMAGES

Curling

Stoughton defends provincial title

Winnipeg's Jeff Stoughton defended his provincial curling title with an 8-3 victory over Winnipeg's Mike McEwen on Sunday at Manitoba's men's curling championship.

With the victory, Stoughton and his Charleswood rink of Jon Mead, Reid Carruthers and Mark Nichols earned

Manitoba's invitation to the Brier in Kamloops, B.C., this March. It will be Stoughton's 11th Brier appearance. He won in 1996, 1999, and most recently in 2011.

Stoughton got off to a hot start, scoring three in the first end. He added two in the fourth and three more in the eighth and final end.

Stoughton has now won the men's Manitoba championship 11 times overall. **THE CANADIAN PRESS**

Horoscopes

Aries

March 21 - April 20

The cosmos will give your confidence a boost this week and make all things seem possible. Don't listen to those who say you should be cautious. If you can think of something, you should get on and do it.

Taurus

April 21 - May 21

If you were planning something spectacular for the next few days it might pay you to think again, especially if there is money involved. The planets indicate there is no need to rush things.

Gemini

May 22 - June 21

You will have to deal with a challenge to your authority that could be quite serious. Don't try to put it off, because the longer you leave it the more serious it will get. Make sure everyone knows who is the boss.

Cancer

June 22 - July 23

It may seem as if you are being swept along by forces over which you have no control, but is it true? Maybe you are taking too negative a view of your ability to influence events.

Leo

July 24 - Aug. 23

You won't have to make much effort to get what you desire over the next few days. Your powers of persuasion have rarely been higher and if you ask for something, you will get it with no questions asked.

Virgo

Aug. 24 - Sept. 23

If you try to get out of something you have already agreed to today, you won't be very popular. That may not worry you much now but it could have repercussions later.

Libra

Sept. 24 - Oct. 23

You may have to cut corners to get things done over the next 24 hours but it will be worth it. It will save you time, much of which will be taken up trying to explain to others what you are doing and why.

Scorpio

Oct. 24 - Nov. 22

Take care that in your hurry to impress important people you don't overestimate your abilities and take on too much. You may not like to say "no" but they won't be impressed if you fail to deliver.

Sagittarius

Nov. 23 - Dec. 21

You can turn dreams into realities this week. All you have to do is be yourself and believe in yourself. The latter is important as various people will try to convince you that you don't stand a chance.

Capricorn

Dec. 22 - Jan. 20

The most important thing this week is that you don't let others tell you what you ought to believe. No matter how loud the so-called "experts" may be, you must trust what your inner voice tells you — always.

Aquarius

Jan. 21 - Feb. 19

This is not a good time to be too adventurous financially. With Mercury about to begin one of its retrograde phases, you could lose big if you get carried away.

Pisces

Feb. 20 - March 20

Make sure you can see how other people's decisions might affect your own aims and ambitions. On the work front especially, take nothing for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Brother of singer Brandy, ___
- Attempt or fetch: 2 wds.
- Exchange rings
- True: French
- Jim Croce's "I Got ___"
- Swell
- Word's history [abbr.]
- Evangeline's poet
- Soak with the sponge some more
- How some are in love
- Facing [abbr.]
- Salad ingredient
- Married man, fun-style
- 1997 Peter Fonda title role
- "___ la Douce" (1963)
- Give ___ try
- Tirade talker
- Years: Spanish
- Ms. Harris of "Love It or List It Vancouver"
- Net-using fishermen
- Alan of "M*A*S*H"
- Actor Kevin, and surnamesakes
- Compass dir.
- "It's ___ real!"
- Good: French
- Beginning
- Remember
- Stir



- ___ recording
- Standard Time: Scottish-born Canadian, Sir ___ Fleming (b.1827 - d.1915)
- Justin Bieber's 'contest of speed' in Miami: 2 wds.
- Opera tune

- Stage setting, ___-en-scene
- Path to travel on
- George Harrison's "___ It a Pity"
- Educ. institution
- "Vogue" dancer
- Didn't walk there

Down

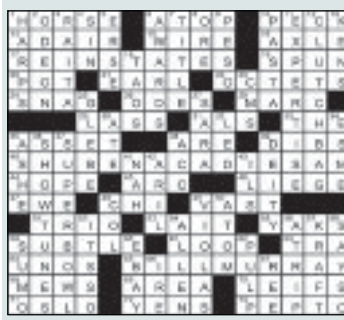
- Winnebago owner, informally
- Mr. Johnson
- "Divine Secrets of the ___ Sisterhood" (2002)
- "The Waltons" son
- Lively dance

- Due ___ before... (Submission info)
- Engine-of-a-car part
- Texter's "Egads!"
- Black-and-white jersey wearer
- Canadian band, The ___ of Manitoba
- Organic com-

BY KELLY ANN BUCHANAN

- pound
- Like Mother Nature's morning coat
- Rome attraction, ___ Amphitheatre
- Record co.
- Heidi author, Johanna ___ (b.1827 - d.1901)
- Filmom's Liam
- Filmmaker, Maya
- Type of headscarf
- Serviceable
- Canadian-invented bluffing/trivia game
- Remove the painting's holder-upper
- Certain code
- Holding
- Limerick's rhyming pattern
- 'The snow' in Quebec: 2 wds.
- Has peculiar-ness: 2 wds.
- Canuck temperature measure
- "That's against the rules!": 2 wds.
- ___ anglais (English horn)
- Wrath
- Nav. ranks
- Type of acid
- AM part
- Roughly: 2 wds.
- Peel
- Agenda info
- Dadaist Jean
- Murmur

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



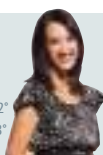
MAX: -19°
MIN: -26°



MAX: -22°
MIN: -28°



MAX: -22°
MIN: -23°



JENNA KHAN
WEATHER SPECIALIST

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